



SEPTEMBER 2015

Maryland WIC
Better Nutrition Brighter Future

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Support Group 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	2	3	4	5
6	7	8	9	10	11	12
13	14	15 Support Group 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	16 Support Group 9:30-11:00 a.m. Easton YMCA Sarah Johnson, IBCLC 443-949-5180	17	18	19
20	21	22	23	24	25	26
27	28	29	30	Mid-Shore Services: Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.		To Contact a Breastfeeding Peer Counselor near you: Katie: (410) 829-8656 {Lactation Consultant} Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 Mid-Shore WIC Program: (410) 479-8060 or 1-866-551-2139 (Maryland toll free)



OCTOBER 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Mid-Shore Services: Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.		To Contact a Breastfeeding Peer Counselor near you: Katie: (410) 829-8656 {Lactation Consultant} Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654	Mid-Shore WIC Program: (410) 479-8060 or 1-866-551-2139 Maryland toll free)	1	2	3
4	5	6 Support Group 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	7	8	9	10
11	12	13	14	15	16	17
18	19	20 Support Group 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	21 Support Group 9:30-11:00 a.m. Easton YMCA Sarah Johnson, IBCLC 443-949-5180	22	23	24
25	26	27	28	29	30	31



NOVEMBER 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mid-Shore Services: Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.		To Contact a Breastfeeding Peer Counselor near you: Katie: (410) 829-8656 {Lactation Consultant} Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 Mid-Shore WIC Program: (410) 479-8060 or 1-866-551-2139 (Maryland toll free)				
1	2	3 Support Group 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	4	5	6	7
8	9	10	11	12	13	14
15	16	17 Support Group 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	18 Support Group 9:30-11:00 a.m. Easton YMCA Sarah Johnson, IBCLC 443-949-5180	19	20	21
22/29	23/30	24	25	26	27	28